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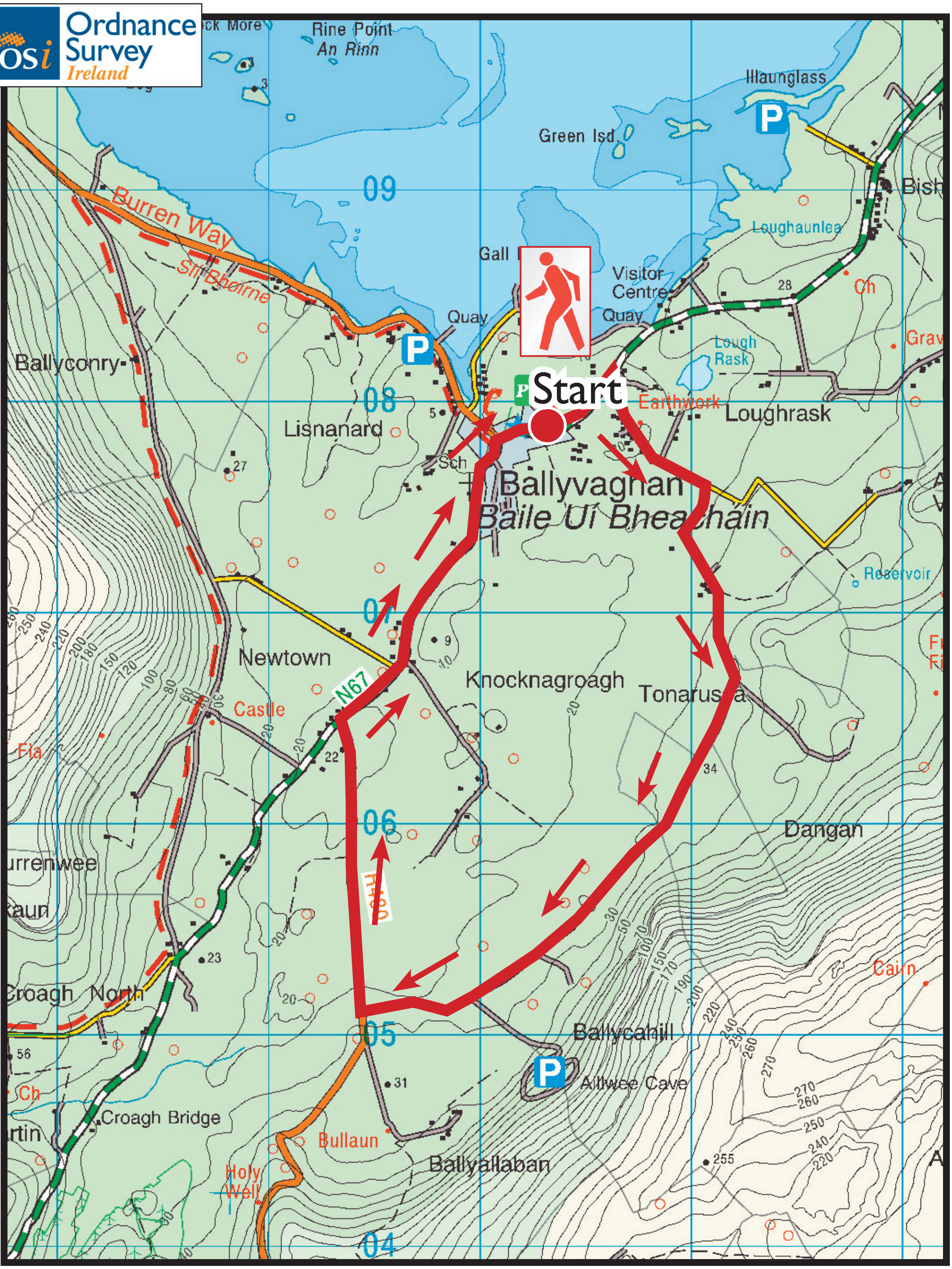

Start Point: Car park behind the Spar supermarket on right at T-junction in the centre of Ballyvaghan village. Coming from Limerick, N18, turn onto N85 at Ennis, then N67 at Lahinch (75km.) Coming from Galway, turn off N18 onto N67 at Kilcolgan (50km).

Time: 2 hrs., 8km.

Difficulty:
Largely on green or un-trafficked by-roads with no climbs. Close views of limestone cliffs and small, rocky fields supporting unique flora, orchids, stunted blackthorn, whitethorn and holly.

Map: OS Discovery Series Map 51, marked 'Wood Loop'.